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*Welcome to the 11th issue, Volume 3, of **InfiniSynechis**, a monthly publication of Fearless Hearts Foundation*

Foundation News & Updates

All Foundation News and Updates can be found on the foundation website

Conscious Living

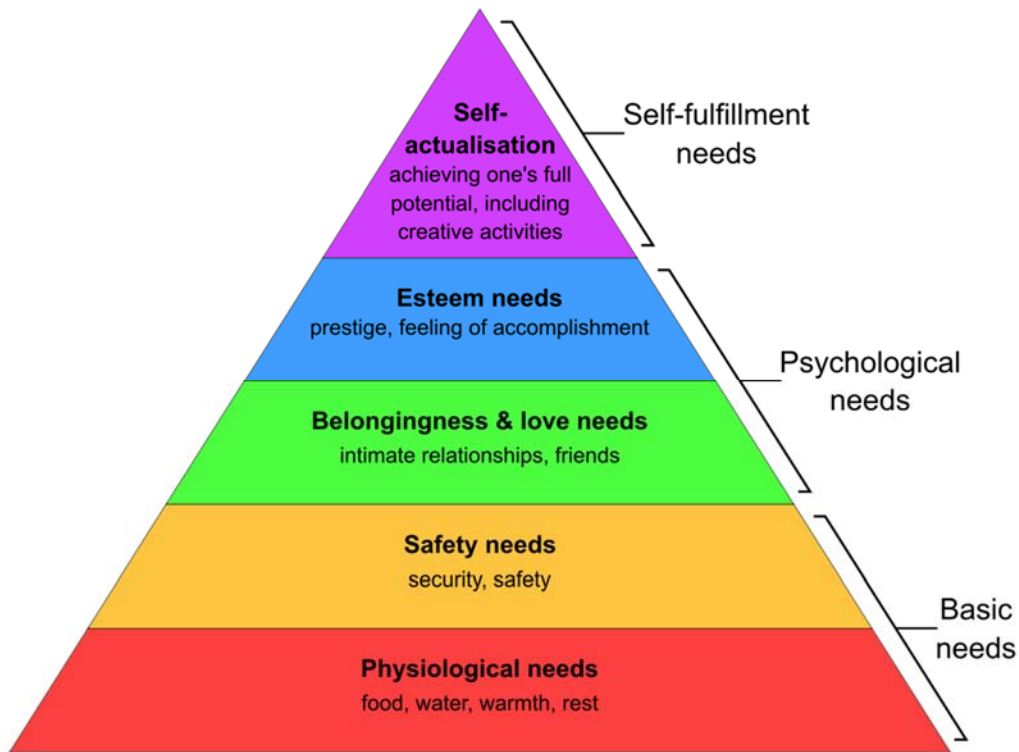
The Fundamental Things
Man's Quest for Realization
Life as we live it

Living beings communicate and interact with each other and their surroundings. It is how they survive.

Man is endowed with the five senses : eyes for sight, ears to hear, nose to smell, tongue to taste and skin to contain the body.

In addition, man has consciousness. This distinguishes him from the animals and other living beings.

Abraham Maslow, in 1943, published the classical paper “A Theory of Human Motivation” which points out what the needs of a human being are



https://en.wikipedia.org/wiki/Maslow's_hierarchy_of_needs#/media/File:Maslow's_Hierarchy_of_Needs2.svg

Over the years this classification has been extended to include spiritual needs, man's search for meaning.

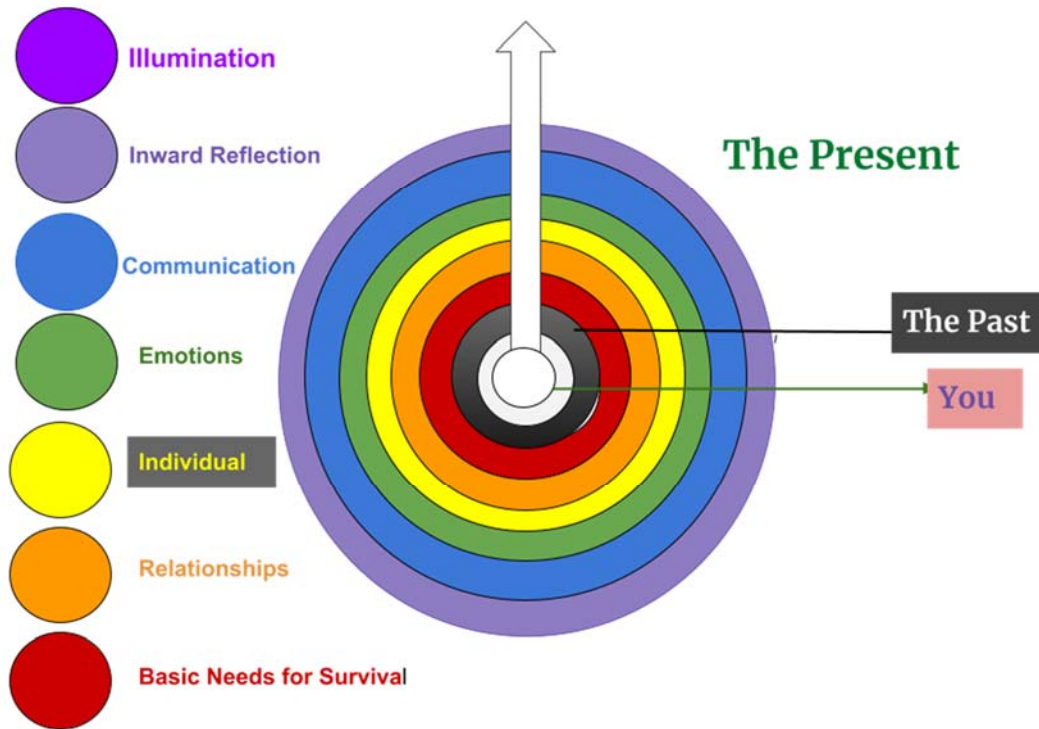
Man has searched for meaning from a long time ago paving the way to the birth of religion. The history of religions is a wonderful tapestry of history that follows this quest.

Today Christianity, Islam, Hinduism and Buddhism are the religions with the highest membership.

Maslow's hierarchy of human motivation appears as if man has to fulfill all of the other needs in order to undertake the journey of spiritual awakening.

Regardless of where man is in the rung of life they can begin. The delineation/ladder/compartmentalization is at best arbitrary.

Journey to Transcendence



Man's consciousness allows him to develop his mind, make opinions, store these imprints in his memory. In so doing man has identified himself with either the body or mind. This is a limited definition. To function, the mind needs order, a structure, but life as we live it cannot be divided. It functions as a whole and like a river, it flows moment to moment.

We are a product of the past, hence the first layer (black) in the diagram of the concentric circles. The subsequent concentric layers are the ways we are accustomed to communicating/interacting with the outside world.

We exist, simultaneously, in all the different layers before realization and hence if we really seek, as others did in the past, we may awaken.

As long as we are alive, we are part of this society, we will have to deal with dirty laundry, other drivers, our pets, our co workers, our bosses, our financial planners and insurance agents, but it all makes a beautiful tapestry.

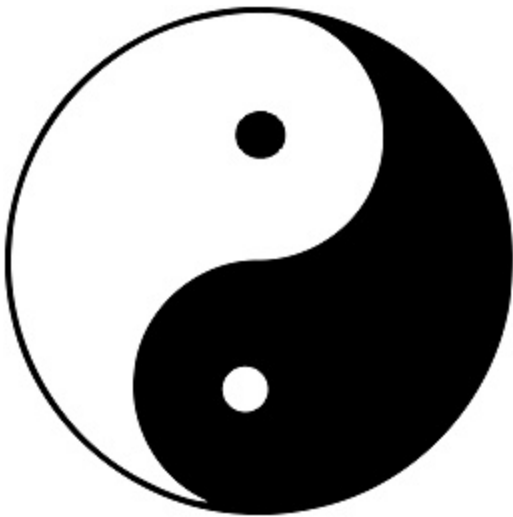
We simply have to look and find the beauty and simplicity, as well as the complexity which brings us variety, and appreciate it all.

Life is a rainbow. Sometimes we can even see a double rainbow.



In this world, in our form as humans, we experience everything by seeming contrast: hot and cold, pain and pleasure, black and white and a whole lot of other apparent contrasts.

In reality the contrasts are complementary rather than outright opposites like the yin and yang symbol pictured below.



“The world is so constructed, that if you wish to enjoy its pleasures, you must also endure its pains. Whether you like it or not, you cannot have one without the other.” ~ Swami Brahmananda

In man’s search for meaning, many have realized it by different methods. The realized ones, the sages, have told us that we only have now. We honor the past, it is what brought us here now, but in order to go beyond, we have to cultivate presence in the here and now.

Everything that we do is in the now.

Awareness requires choice, a moment by moment decision. That decision is being aware that most of our reactions are pre-programmed. We have been conditioned to respond to certain situations depending on our upbringing.

Do we mutter obscenities because a driver cut right in front of us? Do we yell at our kids for leaving the dirty clothes on the floor instead of the hamper? Do we get mad at our dogs for still using the living room as a toilet?

Our programming keeps us hooked on these mini traps, day in and day out. It is much easier to respond, like a robot, to a situation. In our everyday existence we are confronted with many life situations that challenge us.

This is probably one of the reasons why renunciates have chosen to minimize contact with the outside world.

There are many before us and many who will come after us who have penetrated the secret of life.

Not all of those who have gone, sought and realized come back. Some come back to light the way for others.

Few of us can take the leap of leaving our families behind to go deep in the mountains and work on ourselves.

The good news is that we can work on ourselves while we are living our lives fully, in this world. It is the only world there is.

We simply have to cultivate awareness : to be present here and now.

In reality, when we realize that we are all part of this cosmic consciousness we will realize that we are as vast as the ocean, endless like the sky.

References:

A Theory of Human Motivation A. H. Maslow (1943)

Originally Published in Psychological Review, 50, 370-396.

<https://web.archive.org/web/20170914183817/http://psychclassics.yorku.ca/Maslow/motivation.htm>

This article is published in the foundation blog

<https://fearlessheartsfoundation.org/fhf-blog/life-as-we-live-it>

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Philanthropy

Notable Philanthropists: [Bill Gates, Melinda French Gates, and Elon Musk Top List of America's 50 Biggest Charity Donors](https://www.philanthropy.com/article/bill-gates-melinda-french-gates-and-michael-bloomberg-top-list-of-americas-50-biggest-charity-donors)

<https://www.philanthropy.com/article/bill-gates-melinda-french-gates-and-michael-bloomberg-top-list-of-americas-50-biggest-charity-donors>

Business Insights*

Fundamentals of Being in Business

Leadership: The following have been chosen as 30 Best CEOs for small to mid-sized businesses
<https://thesiliconreview.com/magazine/profile/30-best-ceos-of-the-year-2022-listing/>

Business Ideas: Find one thing that you are good at and cultivate that. Following this will eventually make you an expert in your work. Your only competition is yourself.

Commentary: Do one thing at a time and do it well

We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business.

<https://fearlessheartsfoundation.com>

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